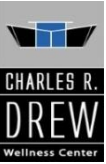


Charles R. Drew Wellness Center

Group Exercise Schedule

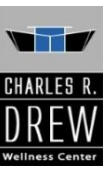
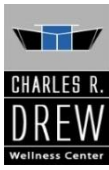
September 2015



Sunday	Monday		Tuesday	Wednesday		Thursday	Friday	Saturday
	6:15-7AM Cycle (Bridget) Gymnasium		6:30-7:15AM Total Body Sculpt (Willis) GroupEx Room			6:30-7:15AM Total Body Sculpt (Willis) GroupEx Room		
	9 – 10am Forever Fit & Strong (Faye) Gymnasium		9 – 10am Forever Fit & Strong (James A.) Gymnasium	9 – 10am Forever Fit & Strong (Leah) Gymnasium		9 – 10am Forever Fit & Strong (Felicia) Gymnasium		9:45-10:30AM Aqua Zumba (Marlina) Pool
								10 – 11am Step Aerobics (Geraldine) GroupEx Room
	12-1PM Zumba (Yvonne) Gymnasium	12:15-1pm Kickboxing (Geraldine) GroupEx Room	12:15 – 1pm Tight & Toned (Felicia) GroupEx Room	12-1PM Zumba (Yvonne) Gymnasium	12:15-1:00PM Restorative Yoga Beth Meditation Room	12-1PM Zumba (Yvonne) Gymnasium	12:15 – 1pm Tight & Toned (Felicia) GroupEx Room	12:15-1:00PM Restorative Yoga Beth Meditation Room
2:30-3:15PM Sunday Salutation Yoga (Arielle) Meditation Room	5:00-5:30pm B.L.T. (Kim) GroupEx Room			5:00-5:30pm B.L.T. (Kim) GroupEx Room				
Special Class for September starting 9/13!	5:45-6:45pm Zumba (Erica) GroupEx Room		5:45-6:45pm 30/20/10 (Kellin) GroupEx Room	5:30-6:30PM Yoga (Adrian) Meditation Room	5:45-6:45pm Zumba (Erica) GroupEx Room	5:30-6:30PM Cycle & Lift (Willis) Gymnasium	5:30-6:15 Ball Aerobics (Kellin) GroupEx Room	
	6:30-7:30PM Soul Line Dancing (Carolyn) Gymnasium	7 – 8pm Step Aerobics (Geraldine) GroupEx Room	6:00-6:45PM Beginner's Cycle (Michelle) Gymnasium		7 – 8pm Step Aerobics (Geraldine) GroupEx Room	5:45-6:45pm 30/20/10 (Kellin) GroupEx Room	5:45-6:30PM Aqua Zumba (Marlina) Pool	6:30-7:30PM Soul Line Dancing (Carolyn) Gymnasium

Schedule Subject to Change

2101 Walker Solomon Way Columbia, SC 29204 803.545.3200



Group Exercise Class Descriptions

30/20/10: Get a complete workout in one class: 30 minutes of cardio, 20 minutes of sculpting, and 10 minutes of abs and stretching.

Ball Aerobics: This class involves the use of stability balls, hand weights, and resistance bands to sculpt your body through low impact moves that will work everything neck down to knee up focusing on your core.

(B.L.T) Butt, Legs, & Thighs: This class will work the largest muscles in the body to burn major calories through cardio and sculpting.

Cycle: This class will challenge you with hills, climbs and sprints that burn a lot of calories in a flash. Beginner's Cycle classes begin with 15 minute tips and tutorial on proper cycling form and bike adjustments for all new participants.

Cycle & Lift: This class combines 30 minutes of indoor cycling with 30 minutes of weight lifting to sculpt the body.

Forever Fit & Strong: For the active older adult who wants to improve muscle strength and joint mobility with low impact exercises done in chairs or standing with dumbbells or tubes.

Kickboxing: You'll sizzle calories through punches, kicks, and toning exercises in a tough, total body workout.

Soul Line Dancing: Soul line dances such as the Wobble, Cupid Shuffle, or Bikers Shuffle may feel similar to country line dances except they are danced to soul, r&b, gospel, or pop music. These moves are good for all levels so come join the party!

Step Aerobics: This whole body, muscle conditioning class uses dumbbells, bands, tubes, and more to build muscle and burn fat.

Sunday Salutation Yoga: Enjoy this class for the month of September as we recognize National Yoga Month. Sun salutations are for everyone. Master them and start your week with energy and focus.

Tight & Toned: This workout is designed for low impact exercisers. Mild cardio and strength exercises will tone and lengthen muscles.

Total Body Sculpt: You will tone your entire body and do high intensity cardio intervals to burn extra calories.

Yoga: Develop strength and flexibility as you move through various poses. Yoga will relax and restore your body to balance.

Zumba: The Latin dance class that will move your body and burn some serious calories. You get a full body workout by joining the party!

*****Schedule Subject to Change*****

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